



The TVA Retirees Association

NEWS

Communications Chief Hairston, TVARA Advocacy Council Meet

By John Culp, Chairman, TVARA Advocacy Council

Members of the TVARA Advocacy Council met in early April with Peyton Hairston, Senior Vice President of Communications for TVA, to discuss issues and projects.

We shared information on the kinds of grassroots initiatives TVA retirees are conducting to enhance TVA's image in the Tennessee Valley. He said the current major issues Acting Chief Executive Officer Tom Kilgore has identified include the following:

Kentucky — There are concerns about the issue that could be emerging if the McConnell/Bunning bill (which would allow the power suppliers outside the region to come into the TVA power-service area but would not permit TVA to market power outside the fence) moves forward in Congress. Other Kentucky issues include concerns by newspapers and others about power rates and their questions about TVA's impact in the Commonwealth.

Rates — We have an opportunity to help communicate the facts about the effect rising costs of coal and natural gas are having on TVA and the resulting impact on electricity prices.

Clean air — There is opportuni-

ty here to help communicate the fact that air quality has improved across the region as a result of TVA's attention to this issue.

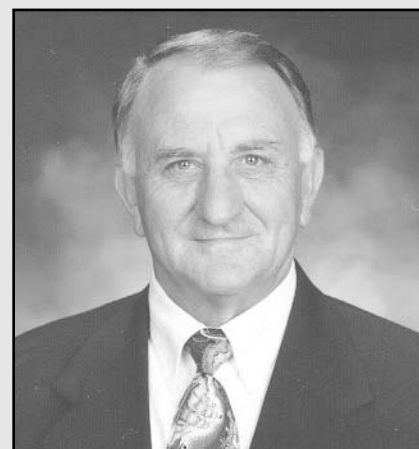
Low rainfall impacts — Low rainfall is putting stress on the river system to provide enough water for multiple uses by Valley citizens. Our opportunity here is to help communicate the importance of TVA's integrated management of the river system in dry years as well as wet years.

As TVA retirees, you are helping address the air-quality issue, especially in North Carolina, where the attorney general sued TVA over air-quality problems. Retirees in Western North Carolina sent letters to about 26 newspapers in the area, communicating the progress TVA has made in addressing air quality, as well as the leadership TVA has exhibited across the region.

You are sending letters to Kentucky newspapers, responding to recent editorials about the rate increase and the statement that TVA is no longer a good deal for Kentucky. Your letters are pointing out the economic impact TVA, its employees, and its retirees have

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PRESIDENT'S • CORNER •



By Buster Smith

At the beginning of the year, we identified several concerns affecting retirees and/or TVA — Medicare Part D, a new TVA Board of Directors, and a possible rate increase.

At this point in time Medicare Part D is up and running, and, hopefully, every possible problem with it has been encountered and handled, although that has not always been done to everyone's satisfaction. The most recent bump in the Part D road was the "explanation of benefits" received from Medco.

The Center for Medicare & Medicaid Services required that a form be sent to each Part D participant regardless of whether their plan contained a "doughnut hole" — the point at which a patient pays

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More Telling of TVA Stories —

Memories of TVA Precede Swisher's 29-Year Career

By Richard Swisher, Retired Manager of Field Operations in Energy Use

My story actually pre-dates my employment with TVA.

My dad worked for TVA in Power Stores in the late 1930s and through the mid-1940s. He had a traveling job — to Muscle Shoals, Jackson, and Tupelo.

Some of my earliest memories are of the old black Chevrolet parked in our back yard with "USTVA" in white letters painted on the door.

The lettering on the side also said "for official use only," and I can remember being pretty aggravated when I had to walk back to the grocery store — a quarter of a mile away — to pick up something when he had just passed it on the way home.

Seemed to me he could have stopped by and saved me a trip.

But, of course, that was not "official business."

In the late 1940s, my father had an opportunity to go into the hardware-store business — something he had always wanted to do. In partnership with another fellow, he opened Ryall Springs Hardware next to the grocery store.

Ryall Springs was a little community east of Chattanooga, and in those days it was pretty much a rural area. Dad was in the hardware business through most of my junior-high and high-school years. The inventory at the store included everything from horseshoes and horseshoe nails to refrigerators and washing machines.



Richard Swisher
at 15



A customer outside Swisher's father's store



Richard Swisher
today

My father also sold and installed water pumps.

I often got off the school bus down at the store to see what was going on and maybe pick up a coke. On this particular day in 1952 (I was 15 years old) when I got in the store, he said, "Go get your clothes changed. We are going to the Youngs [not their real name] to install a pump."

I knew what that meant. He wanted me to hold the piece of chain we wrapped around the pipe to keep it from dropping into the well while he made the plumbing connections. I had done it before.

The Youngs lived on a little farm in North Georgia down toward Cohutta. "Area coverage" was slow getting to parts of North Georgia, and the Youngs had not had electricity long. After lights, the first thing they wanted was a water pump. So, clothes changed and truck loaded with pump, pipe, and tools, we set out.

Mr. Young had done some of the plumbing himself, and all we had to do was install the pump, make the electrical connection, and tie into the water pipe he had already

installed.

What he had actually done was run a supply line from the well to the kitchen sink with a drain line back through the wall and out into the yard. There was no septic tank or grease trap — just the drain line.

We got the pump connected without much trouble. I did not drop the pipe into the well, which was a real relief for me. But we had some trouble getting the pump primed and working. Finally, just about dark, the priming took, the tank filled, and the pump motor cut off. My dad said, "Tell her to cut the water on in there."

"Mrs. Young, Daddy wants you to cut the water on," I said.

She was standing in the kitchen, which was lit by a single bulb. The bulb was hanging down from the ceiling in front of the recently installed cast-iron sink with the single water faucet poking its head out of the wall just above it.

As I dashed back across the back porch to see what other instructions I might get, I heard water splashing in the sink.

Water from the drain began mak-

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ing a muddy mess in the yard.

"Tell her she can cut it off now," my dad said.

"Mrs. Young, Daddy says you can cut it off now."

Nothing.

Water continued to splash in the sink and run out on the ground.

"Go tell her again before we all drown."

I bounded across the porch and opened the screen door to tell her again. She was still standing in front of the sink with water from that single faucet running full force. Except now, her head was bowed slightly, and her apron was gathered up in both hands and held to her face. She was crying.

On the way home, there were no lectures or long orations from my dad about electricity or area coverage or what TVA and the Rural Electric Association had done to improve the living standards of people in our area.

"Yeah," he said. "It means a lot not to have to crank water up out of that well several times a day."

Some time passed, and a mile or two closer to home he said, "I'll bet we sell them a refrigerator and a washing machine in no time — that's a big back porch."

I went to work with TVA in 1959 and spent my entire career there.

Now, in retirement, I often hear other retirees say something about how working for TVA was more than just a job. Well, it was then — and it is now.

For me, when I hear that said, I think of Mrs. Young standing by that sink, crying with tears of joy.

(Richard Swisher began working for TVA in 1959 as an Engineering Aide in the Power Supply Planning Branch. Most of his career was spent in the Division of Energy Use in Chattanooga, Nashville, and Florence, with other assignments as Hartsville Project Coordinator and Assistant to the General Manager. He retired in 1988 as Manager of Field Operations in Energy Use.)

Direct Deposit Banks Checks More Quickly

Did you know you can have your retirement check directly deposited to a bank or financial institution of your choice?

By directly depositing your monthly retirement check, you guarantee that your money will be deposited in your account on the last business day of the month, which is quicker than receiving your benefit through the mail.

More than 17,000 TVA Retirement System members receive their benefits through direct deposit. About 4,000 retirement checks are mailed each month. Of these 4,000 checks, 12-15 are lost and therefore have to be replaced. Lost checks delay retiree funds by at least two weeks.

When you have your checks directly deposited, the Retirement System will still mail you a monthly benefit-and-deduction statement with your gross payment and deductions.

If you are interested in direct deposit, please call the TVARS office at 1-800-824-3870 and request an RS-73 direct-deposit form. That form also can be printed from the Internet at <http://tva.gov/retireeportal/forms/RS-73.pdf>.

President's Corner

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the full cost — which we do not have to do because our plan continues to pay Medicare's share beyond this point.

Therefore, the explanation was meaningless to TVA retirees participating in our plan and should have been ignored. Nevertheless, it created stress and anxiety for some of our members.

The new TVA Board has been sworn in and has conducted its first meetings. The members are busy organizing to effectively handle TVA business. The new Chairman is Bill Sansom from Knoxville. Tom Kilgore was appointed Acting Chief Executive Officer.

We have written the TVA Board members and offered to meet with them to provide information about the TVA Retirees Association. We plan to invite them to the Annual Retirees Picnic at Guntersville, Ala., on Sept. 8. Hopefully, some will be able to attend.

We understood that a utility-rate increase would likely be in the form of a Fuel Cost Adjustment. What actually occurred on April 1, 2006, was a rate increase of 9.95 percent, with the possible implementation of an FCA by the new Board of Directors to be effective Oct. 1, 2006. While none of us like a rate increase, a viable TVA is necessary for a financially strong and healthy world-class retirement system like ours.

I encourage you as a TVA retiree to keep current on what is happening to and about TVA. And when and where you can, please provide a bit of explanation, understanding, and/or support of the current issue.

New Website Helps TVA Retirees Keep in Touch, Explore Opportunities

TVA retirees now have a place of their own on the World Wide Web — a Website recently launched by Bicentennial Volunteers Inc. at www.mybvi.org.

“We are pleased to provide this Website as a service to TVA retirees,” says BVI President Bob Steffy. “The site allows folks to stay connected and explore opportunities for volunteer and paid work.”

Retirees who visit the site can do a variety of things:

- Contact friends through the Website directory.
- Sign up for BVI volunteer projects.
- Put their names in the hat for TVA and Federal Emergency Management Agency work.

Those interested in TVA contract work can submit their qualifications and a resume. The information will be available to TVA’s hiring managers who are seeking qualified contractors.

Those interested in FEMA emergency-assistance work can also submit their qualifications. BVI staff members will review the information to select workers with skills needed by FEMA. Different skills may be needed in different types of emergencies.

Those interested in volunteer work can indicate their interests on the Website registration form. TVA retirees, former employees, and their spouses are all welcome to participate in volunteer work. However, only retirees and former employees can participate in TVA or FEMA work.



A portion of the homepage of the new BVI Website

In addition to exploring volunteer or paid work, Website visitors also can enjoy these features:

BVI Directory — The online directory allows users to send emails to friends and colleagues. Users can add their own names to the directory by completing the registration form.

Photo Gallery — Visitors can see photos of their friends in the online photo gallery. Those who would like to contribute photos are encouraged to email them to the site for uploading.

Links to Useful Websites — The site contains a dozen links to other helpful Websites, from TVA and government sites to Consumer

Reports and the Better Business Bureau.

Contact Information for the BVI staff — Email links are provided for all BVI staff members, along with phone, fax, and mailing information for BVI offices.

Board of Directors Information — The Website provides a list of all BVI, Retiree Resources Corp., and National Emergency Assistance board members, along with their photographs.

Steffy encourages Website visitors to provide feedback on the site.

“Use the email links on the site to let us know what you think,” he says. “Give us your comments and suggestions.”

Why Should I Join the TVA Retirees Association?

By John P. Blackwell, TVARA Membership Chairman

Let's start by remembering what you were thinking when you started your career with TVA. Perhaps it went something like this:

"This is the beginning of my lifelong career. TVA is providing the very best package of healthcare benefits, a pension for my later years, and insurance to keep the unexpected in check. If I stay with TVA for my working career, I will have a long, happy, secure future."

You can see what is happening almost daily to other companies and to their employees and retirees and perhaps now wonder what could happen to your TVA dream!

The TVA Retirees Association intends to do everything possible to ensure that the TVA Retirement System and the retiree medical/drug-insurance program meet the needs of TVA retirees.

In addition, TVARA is the only



John Blackwell

organization that works exclusively for the interests of your beneficiaries.

The major obstacle we face as retirees is that there are many disjointed voices.

What we need is one loud vocalization of our expectations, and that is what TVARA is doing. By improving communications among TVA retirees and offering a platform for our voices to come together as one, TVARA will get the message before the leaders of TVA and convince them to listen.

Please be aware that TVARA is actively involved with monitoring and taking steps to secure legislation favorable to TVA retirees. We have written to the Tennessee Valley congressional delegation, voicing our opposition to changes in Social Security and to the proposed bill by Senator Bunning and Senator McConnell that would allow other power providers to sup-

ply power in our power region but would not allow TVA to sell power outside the fence.

TVARA now represents only 11,000 TVA retirees, while it reaches out to an audience of more than 22,000 TVA retirees.

If you are not a member, please consider joining. We need you because there is strength in numbers. And by joining, you can help us become a more powerful, unified voice.

TVARA is an independent, non-profit corporation, funded entirely by membership dues. It would benefit you as well as us if you paid your dues immediately. You will help keep the association working for retiree rights.

Act now — renewing your membership is easy and quick to do. Just send your check for \$10 to TVARA, c/o BVI, 400 West Summit Hill Drive, Knoxville, TN 37902-1401.

A Reminder About TVAVA Life Membership

The open enrolment for TVA retired veterans to become lifetime members of the TVA Veterans Association continues throughout 2006.

Send your name and address — along with a check for \$25 made out to TVAVA — to Jerry Alvis, Treasurer, 159 Meadow View Rd., Bulls Gap, TN, 37711.

You will receive a membership card, and TVAVA will be in touch with you from time to time.

Lifetime members will receive all the benefits annual members receive, such as the opportunity for

their children and grandchildren to apply for TVAVA-sponsored scholarships.

TVAVA is proud of the fact that it has given more than \$32,000 in scholarships during the past five years.

TVAVA has donated to such charities as the Veterans Memorial Funds, Saint Jude Children's Hospital, Hurricane Katrina, and other disaster-relief funds.

TVAVA also provides assistance with veterans' issues and to veterans in need.

The only way you can join after

2006 is through a TVAVA site representative when you retire — unless TVA should decide to have another open enrolment.

So, if you are a retired TVA veteran, write that check and mail it in today.

Condolences

TVARA News extends condolences to the family of Allan Qualls, who died April 25.

Qualls was President of the Browns Ferry TVARA chapter.

A Nighttime 'Ordinary' Incident Turns into Nightmarish Ordeal for Retiree Keeney

By Jim Andrews

Bill Keeney says he and his wife, Tracie, were leaving a meeting in Cumberland County, Tenn., in March 2003 when something happened that would drastically change — and very nearly end — his life.

"We'd been at a meeting about cleaning up abandoned mine sites," says Keeney, a TVA retiree who now lives in Whitesburg, Tenn., and a past president of the Upper East Tennessee TVARA Chapter. "As we got into the car, a mosquito bit me four or five times on the neck and face."

Keeney's life since retiring from John Sevier Fossil Plant in 1983 (his favorite job, he says, was a 17-month stint as Coordinator between Construction and Operations at Browns Ferry Nuclear Plant) had been extremely active.

His efforts for Bicentennial Volunteers Inc. — ranging from recruiting young people for a cleanup of a burned-out sewing company in Dungannon, Va., to helping stage the International Science Fair in Knoxville — had made him the first to receive pins for 500, 1,000 and 2,000 donated hours of work, he says.

"Whatever BVI project I was in charge of, I'd always recruit other people better than me, to make things happen, then I'd move on to other projects," he says.

But all that volunteer work for BVI and groups such as Save Our Cumberland Mountains, the Disabled American Veterans (he's a



Tracie and Bill Keeney

lifetime member of the TVA Veterans Association), and Appalachia Focus, was to be put on hold for a long time.

Although Keeney had faced serious health problems in the past — heart-bypass surgery in 1976 and 1989, a bad back that forced early retirement at age 55 — he had never known the pain and fear he would undergo in the coming months.

"The day after that mosquito bit me, I had a lot of pain in my neck and head. And I had a temperature of 105 degrees."

Keeney says a doctor at a veterans hospital in the area diagnosed his condition as bronchitis and gave him a prescription. When that didn't help, a doctor at a hospital in a neighboring town did some blood work.

"He said there was something strange and sent us to the emer-

gency room at a Knoxville hospital," Keeney says. "Tracie and I were concerned it might be West Nile virus, but for some reason the ER staff wouldn't run a test."

He says his wife told a friend about the situation, and the friend called the Centers for Disease Control in Atlanta.

"The CDC got in touch with the state health department in Tennessee, which ordered a test."

Keeney says the test first showed positive for West Nile virus, then negative, which he believes was the result of all the antibiotics in his system.

Whatever, he was very ill.

He lost the use of his hands, arms, and legs, and his weight dropped 50 pounds during 53 days in the hospital.

"They put a donor shank bone in my neck and put a titanium plate in

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to support my neck,” he says. “And I developed painful bedsores I still haven’t recovered from.”

Only after he transferred to the Patricia Neal Rehabilitation Center at Knoxville’s Fort Sanders Hospital, did he begin to improve, he says.

“I was going to rehab every day, and Tracie was right there with me, learning how to help me do the same things when I got home.”

Gradually freed from his feeding tube, catheter, and ventilator and able to use a motorized wheelchair, Keeney was able to go home in November 2003.

“The doctors told me I had had West Nile virus, but the good news was all the muscles were still attached to the nerves,” Keeney says.

However, his ordeal wasn’t over. On a subsequent visit to the Patricia Neal center, he says, there was a problem when a tube was inserted in his throat.

“It caused me to aspirate, which led to pneumonia,” Keeney says. “And then I had a heart attack and a stroke at the hospital.

“They put two stents in my heart. The doctor said it was a miracle I was alive. I give the Lord and my wife the credit. I thought if I do

live, it has to be for the purpose of helping someone else.

“And now I’ve been supporting my wife the best I can, as she has gone through chemotherapy for breast cancer.”

He says doctors have told him his recovery could take five years or longer.

“My stroke was on the left side of my brain, so I’m recovering faster on that side, and I’m regaining strength and better balance slowly.”

He can use a walker for short distances, although he still needs the power wheelchair for longer distances. He’s hoping to get strong enough to drive again.

And he wants to get back into the volunteer work he was doing for the State Health Insurance Program, which helps people avoid, prevent, and identify fraud — and the East Tennessee Human Resource Agency’s Guardianship and Ombudsman programs, which look after the social and economic needs of individuals and communities, respectively.

Keeney has been recognized for his achievements. Among other plaques he has received over the years was one in 1997-98 from the

TVA Weekend Academy in Chattanooga for his work with one young man in that program. In 2002 he was one of 15 individuals acknowledged for their work with the Medicare Fraud Patrol Program sponsored by Area on Aging. And this April, he was one of 10 individuals honored by the East Tennessee Technology Access Center.

“ETTAC is an organization that uses technological innovations to help people with disabilities learn, work, play, and live with autonomy and dignity in their homes and communities,” says Ed Hilton, who retired as Manager of TVA Disability Services in 1996 and has been a member of ETTAC’s board since 2002.

“I’d worked with Bill when he was with BVI. When I learned he was among those being honored for their achievements, I was delighted. He has done so much for others over the years.”

Keeney considers himself living proof of the deadly danger of West Nile virus.

“It scares me to death now whenever a mosquito gets around me,” he says. “Everyone should be careful, because you just never know”

CDC Advice on West Nile Virus Offered Online

The following information on avoiding West Nile virus is offered on the Website of the Centers for Disease Control & Prevention in Atlanta:

- Apply insect repellent containing DEET, even when outdoors for a short time.
- When possible, wear long-

sleeved shirts, long pants, and socks when outdoors.

- Be aware of the peak mosquito hours, which are from dusk to dawn.
- Drain standing water, so mosquitoes can’t lay eggs there.
- Install or repair screens in your home.

- Report dead birds to local authorities, so they can be checked for West Nile virus.

For more information, visit www.cdc.gov/westnile or call the CDC public-response hotline at 1-888-246-2675 or 1-866-874-2646 (TTY).

Myths — and Facts — About Sleep

Courtesy of TVARA Health Outreach Program

There are many common myths about sleep. We hear them frequently, and we may even experience them far too often. Sometimes they can be characterized as “old wives tales,” but there are other times the incorrect information can be serious and even dangerous.

The National Sleep Foundation has compiled this list of common myths about sleep, along with the facts that dispel them.

1. Snoring is a common problem, especially among men, but it isn't harmful.

Although snoring may be harmless for most people, it can be a symptom of a life-threatening sleep disorder called “sleep apnea,” especially if it is accompanied by severe daytime sleepiness. Sleep apnea is characterized by pauses in breathing that prevent air from flowing into or out of a sleeping person's airways. People with sleep apnea awaken frequently during the night, gasping for breath. The breathing pauses reduce blood-oxygen levels, can strain the heart and cardiovascular system, and increase the risk of cardiovascular disease. Snoring on a frequent or regular basis has been directly associated with hypertension. Obesity and a large neck can contribute to sleep apnea. Sleep apnea can be treated. Men and women who snore loudly, especially if pauses in the snoring are noted, should consult a physician.

2. You can “cheat” on the amount of sleep you get.

Editor's Note: We looked at problems with insomnia and guidelines for better sleep in the last issue of TVARA News. This is a continuation of that article.

Most adults need 7-9 hours of sleep each night for optimum performance, health, and safety. When we don't get adequate sleep, we accumulate a sleep debt that can be difficult to “pay back” if it becomes too big. The resulting sleep deprivation has been linked to health problems such as obesity and high blood pressure, negative mood and behavior, decreased productivity, and safety issues in the home and on the road.

3. Turning up the radio, opening a window, or turning the air conditioner on are effective ways to stay awake when driving.

These “aids” are ineffective and can be dangerous to the person who is driving while feeling drowsy or sleepy. If you're feeling tired while driving, the best thing to do is to pull off the road in a safe rest area and take a nap for 15-45 minutes. Caffeinated beverages can help overcome drowsiness for a short period of time. However, the effects are not felt for about 30 minutes. The best prevention for drowsy driving is a good night's sleep the night before your trip.

4. Teens who fall asleep in class have bad habits or are lazy.

According to sleep experts,

teens need at least 8-9 hours of sleep each night, compared to an average of 7-9 hours each night for most adults. Their internal biological clocks also keep them awake later in the evening and keep them sleeping later in the morning. However, many schools begin classes early in the morning, when a teenager's body wants to be asleep. As a result, many teens come to school too sleepy to learn, through no fault of their own.

5. Insomnia is characterized by difficulty falling asleep.

Difficulty falling asleep is but one of four symptoms generally associated with insomnia. The others include waking up too early and not being able to fall back asleep, frequent awakenings, and waking up feeling unrefreshed. Insomnia can be a symptom of a sleep disorder or other medical or psychological/psychiatric problem and can often be treated. According to the National Sleep Foundation's Sleep in America poll, 58 percent of adults in this country reported at least one symptom of insomnia in the past year. When insomnia symptoms occur more than a few times a week and impact a person's daytime functions, the symptoms should be discussed with a doctor or other healthcare provider.

6. Daytime sleepiness always means a person isn't getting enough sleep.

Excessive daytime sleepiness is
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Sleep *continued from page 8*

a condition in which an individual feels very drowsy during the day and has an urge to fall asleep when he or she should be fully alert and awake. The condition, which can occur even after getting enough nighttime sleep, can be a sign of an underlying medical condition or sleep disorder such as narcolepsy or sleep apnea. These problems can often be treated, and symptoms should be discussed with a physician. Daytime sleepiness can be dangerous, putting a person at risk for drowsy driving, injury, and illness, as well as impairing mental abilities, emotions, and performance.

7. *Health problems such as obesity, diabetes, hypertension, and depression are unrelated to the amount and quality of a person's sleep.*

Studies have found a relationship between the quantity and quality of sleep and many health problems. For example, insufficient sleep affects growth-hormone secretion that is linked to obesity. As the amount of hormone secretion decreases, the chance for weight gain increases. Blood pressure usually falls during the sleep cycle. However, interrupted sleep can adversely affect this normal decline, leading to hypertension and cardiovascular problems. Research also has shown that insufficient sleep impairs the body's ability to use insulin, which can lead to the onset of diabetes. More and more scientific studies are showing correlations between poor and insufficient sleep and disease.

8. *The older you get, the fewer hours of sleep you need.*

As stated previously, sleep experts recommend a range of 7-9 hours of sleep for the average adult. While sleep patterns change as we age, the amount of sleep we need generally does not. Older people may wake more frequently throughout the night and may actually get less nighttime sleep, but their sleep need is no less than younger adults. Because they may sleep less during the night, older people tend to sleep more during the day. Naps planned as part of a regular daily routine can be useful in promoting wakefulness after the person awakens.

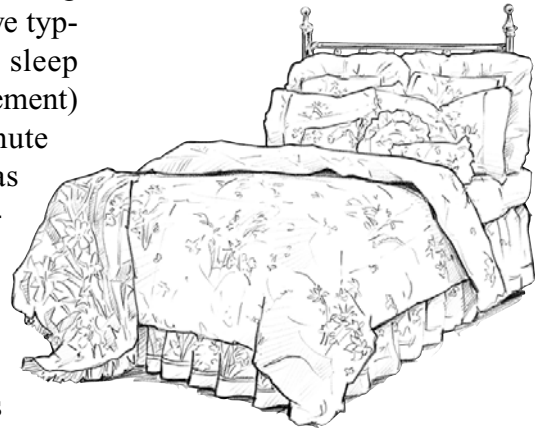
9. *During sleep, your brain rests.*

The body rests during sleep. However, the brain remains active, gets "recharged," and still controls many body functions, including breathing. When we sleep, we typically drift between two sleep states, REM (rapid eye movement) and non-REM, in 90-minute cycles. Non-REM sleep has four stages with distinct features, ranging from stage-one drowsiness, when one can be easily awakened, to "deep-sleep" stages three and four, when awakenings are more difficult and where the most positive and restorative effects of sleep occur. However, even in the deepest non-REM sleep, our minds still can process information. REM sleep is an active sleep in which dreams occur, breathing and heart rate increase and become irregular, muscles relax, and eyes

move back and forth under the eyelids.

10. *If you wake up in the middle of the night, it is best to lie in bed, count sheep, or toss and turn until you eventually fall back to sleep.*

Waking up in the middle of the night and not being able to go back to sleep is a symptom of insomnia. Relaxing imagery or thoughts may help to induce sleep more than counting sheep, which some research suggests may be more distracting than relaxing. Whichever technique is used, most experts agree that if you do not fall back to sleep within 15-20 minutes, you should get out of bed, go to another room, and engage in a relaxing activity such as listening to music or reading. Return to bed when you feel sleepy. Avoid watching the clock.



(Information taken from The National Sleep Foundation, an independent non-profit organization dedicated to improving public health and safety by achieving understanding of sleep and sleep disorders, and by supporting sleep-related education, research, and advocacy.)

From Reporter to High-Profile TVA Spokesman to TVARA News Editor, Sheppard a Man of Many Words

By Dot Stewart

Before he joined the TVA public information staff in 1960 to work on the new power-bond-financing program in particular, Lee Sheppard was involved in newspaper work that involved a wide range of subjects relating to TVA programs.

This was the era of the first Eisenhower appointments to the TVA Board after 20 years of the agency's being associated with President Roosevelt and the Democrats — making TVA a political target in conservative-liberal disputes.

With Republicans in the White House in 1952, TVA was on a hit list for some opponents. In the Tennessee Valley region, there were deep concerns about its future.

The first Eisenhower appointment to the TVA Board was Gen. Herbert D. Vogel, who was named Chairman.

"A veteran secretary at TVA once told me she had seen the memo to Vogel from President Eisenhower's Chief of Staff, Sherman Adams, ordering him in effect to end the TVA public-power program," says Sheppard, a Knoxville retiree.

But Vogel, a young engineering officer who had been running the Corps of Engineers in Vicksburg, Miss., turned out to be more interested in telling the facts than he was in carrying some partisan battle flag.

The next Board appointee, A.R. Jones, had been a financial expert and Deputy Director of the Budget

under Eisenhower.

Since this would give the Board a GOP majority, Jones's Senate confirmation was highly controversial, Sheppard says. However, the White House gave Jones an interim appointment to avoid a fight and found that he, like Vogel, was more interested in working with TVA staffs to solve problems than in engaging in political fighting.

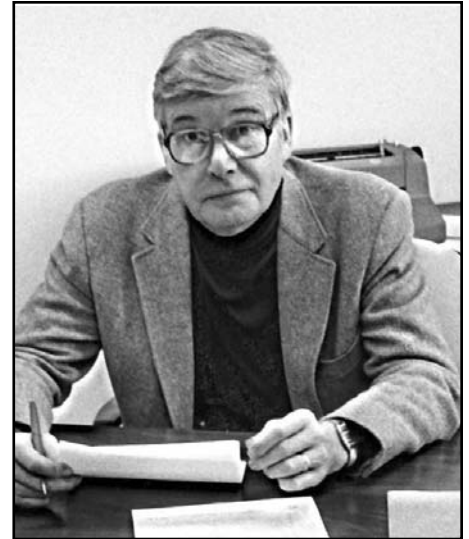
As TVA moved from congressional appropriations to Wall Street bond sales for power construction, Jones's ability to talk with investment bankers and financial analysts played a key role.

"My job kept me in contact with TVA Board members, and over 30 years I got to know most of them on a first-name basis (although 'General' was as familiar as the staff ever got with Vogel)," says Sheppard.

Asked by his barber about the new part-time TVA Board, Sheppard says he replied, "We will have to wait and see. TVA has faced many challenges over the years, to say the least."

Before receiving a letter from TVA in 1959 that invited him to apply for an opening in the Information Office, Sheppard received a journalism degree from the University of Kansas in 1952 and worked on various Kansas newspapers throughout the 1950s. He actually covered the Clutter-family murders (the subject of Truman Capote's "In Cold Blood") for the *Topeka Capital*.

In 1959 TVA was gearing up for



Lee Sheppard, during his TVA days

its power-bond-financing program and had awarded an \$80,000 contract for one year (big money then) to a New York public relations firm to deal with the Wall Street financial press.

Sheppard says Paul Evans, TVA Information Director, figured he could follow that up by hiring a young reporter with some financial background for a tiny fraction of that \$80,000 cost.

"The pay wasn't enough to lure anyone from Wall Street, but it was attractive enough for a reporter from Topeka," says Sheppard. "Next to marrying my wife, Nancy, taking that job was the smartest thing I ever did. At TVA there was the chance to work with top-flight people in many fields."

A couple of presidential visits to TVA were among the highlights of his TVA career.

President Kennedy came to Muscle Shoals for TVA's May 1963

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anniversary. Since that was just after the famous George Wallace “stand in the schoolhouse door” to prevent integration of the University of Alabama, the Secret Service detail was nervous.

“But that day North Alabama gave a bigger welcome to Kennedy than to Governor Wallace,” Sheppeard says.

In 1979 President Jimmy Carter came to Knoxville to address TVA employees. Local supporters gave the visiting Carter some gifts of food, including a country ham.

The usual practice was to quietly distribute perishable items to local volunteers who had helped with the arrangements.

Sheppeard says after the President had flown back to Washington, Beth Maples at TVA got an urgent call from the White House: “Do you still have the President’s ham? He says he’s from Georgia, and country ham is not a perishable item.”

Things were fairly quiet at TVA in the early 1960s.

“But by the 1970s, I had become a high-profile TVA spokesman to the news media on various issues

— just as they were growing into major controversies,” Sheppeard says. “There were huge cost increases in the utility industry, especially for fuel and construction, with almost constant increases in TVA power rates.

“Then nuclear power also became a big issue. I was in the Lupton Building in Chattanooga in 1964, at the opening of the first bids for Browns Ferry equipment. Air pollution, strip mining, and other environmental issues also got wide media attention.

These stresses were not easy on Sheppeard.

“At one point, I had lost 30 pounds. In 1982 I got home from work, late as usual, to find my wife lying helpless on the floor from a major stroke. If I had come home on time, I would have been able to get help right away.”

After that Sheppeard’s work habits changed, and in 1988 he took early retirement to devote more time to her care.

Retirement was frustrating at first, but his retirement from TVA contacts did not last long.

“In 1989 former TVA Assistant

Information Director Pete Stewart asked me to take over as editor of the TVA retiree newsletter,” Sheppeard says.

“And working for 12 years with TVA’s Retirement System and Benefits staffs, as well as the volunteer leaders in TVARA, gave me the chance to once again appreciate TVA people.”

He worked with the TVARA leaders and TVA staff members to report what they were doing to make it possible for retirees to keep first-class benefits and meet higher healthcare costs.

“Some of us are alive today because of the explosion in new and expensive medical procedures,” Sheppeard says. “And TVARA and TVA made these procedures affordable for us.”

Sheppeard took his second “retirement” in 2001 from volunteer work with TVARA.

But he says he has seen up close that “the volunteers who serve as TVARA officers, chapter leaders, and committee members put in long hours that benefit all of us. This organization needs our strong support and active membership.”

Sheppeard Key Info Source in Crowell’s 1st TVA Job

Craven Crowell served as TVA Chairman from 1993-2001 and now does consulting work globally, with his base in Knoxville. But when he first came to TVA in 1980, it was as Director of Information. Lee Sheppeard was Assistant Director of Information.

“I had a chance to work very closely with Lee, and I found that

he was a great writer who wrote beautiful prose and had an amazing command of TVA facts and TVA history,” Crowell says.

“Lee was like a walking encyclopedia of TVA and TVA operations, and as a neophyte in the organization I relied heavily on him for his knowledge. I could go to him and get coached very quickly

on how to deal with issues.”

Crowell says he was not alone in seeking Sheppeard’s advice and counsel.

“Anyone on our staff who was working on a public-relations issue or on an article for publication would always use Lee as a background source,” he says. “And he was always glad to help.”

The Mental and Physical Power of Garden Therapy

By Sonja Gillespie, Western Region Live Well Manager

Have you ever stopped and thought while you were planting, weeding, or watering your flower or vegetable garden that you were actually doing something positive for yourself?

Dr. Loretta Young, Chief of Mental Health at Kaiser Permanente Hospital in Portland, Ore., calls it “practical exercise for the mind, body, and spirit.”

Not only do plants provide us with food and beautiful scenery, but placing seeds in the soil, transplanting, digging, moving pots, and carrying water cans also help increase our strength, dexterity, coordination, and fine motor skills.

Learning about planting techniques and the names and characteristics of different plants can stimulate the brain and may improve memory and concentration. Many people find planting



Sonja Gillespie

and gardening to be relaxing, which can reduce stress and anxiety. A number of hospitals are incorporating horticulture therapy (garden therapy) into their programs. This type of therapy can help patients forget why they are in the hospital in the first place. It helps them take their minds off their physical problems.

Horticulture therapy can be adapted to meet the needs of a variety of patients — those recovering from major illness or injury, those with physical and learning disabilities or mental-health problems, and the elderly.

Patients who are recovering from a stroke or spinal-cord injury seem to really benefit from gardening. One patient, Dennis Sabat of

Marlton, N.J., never thought therapy for a paralyzing neck injury would include digging in the dirt.

“I wasn’t a believer,” he says. “But I found it a pleasant change from squeezing putty balls or putting pegs in holes.”

Not only are these patients working on their strength, endurance, and mobility, but they are also incorporating it into something that is fun and has a purpose. Living and growing, a garden is something most people enjoy.

Being outdoors creates a feeling of appreciation, tranquility, spirituality, and peace.

Just being in a garden setting is in itself restorative.

So here’s the cheapest psychiatric advice you’ll ever get, according to the gardengal.tv Website: “Get out and garden. It clears your head and heals your body.”

Advocacy Council

Continued from page 1

made in Kentucky, and it is an impressive benefit. TVA remains a very good deal for Kentucky, and it does for other states as well.

We are drafting letters and communication pieces to help identify impacts of low rainfall on the river system. Our focus is on applauding work TVA is doing in integrated management of the system so that it benefits users who have a variety of interests in the region’s water.

There are two other major initiatives in which we need your help.

First, keep your personal TVA stories coming. We are getting a few more of these and will publish them in the newsletter. Look at the

one by Dick Swisher this month on page 2. As Executive Vice President of River System Operations & Environment Kate Jackson says, stories like this show “the heart and soul of TVA” through the eyes of TVA retirees. Give us a story that tells what you did at TVA and how it helped improve people’s lives.

Second, please call your local civic clubs and get on their agenda to present speeches about your work with TVA, TVA history, or the issues we have already identified. We can help draft speeches for your use and encourage you to become more active on the civic-club circuit. As you know, every civic club in every

city in the Valley is constantly looking for speakers. Help tell TVA’s story at these events.



John Culp

TVA retirees are important members of the extended TVA family. A strong TVA is an asset not only to the economic well-being of the region, but also to TVA retirees and the retirement system. Through your support of the Advocacy Council’s initiatives, you are helping ensure that TVA remains strong and significant to all citizens.

And please give us your ideas for additional advocacy initiatives we can conduct.

Long-Term Care Hot Topic at Chapter Meetings

By David Gruber, Chairman, TVARA Long-Term Care Committee

As Chairman of TVARA's Long-Term-Care Committee, I recently visited with two of our chapters at their March meetings.

The discussions at both meetings were energetic and enthusiastic.

The attendees described the difficulty in selecting long-term-care facilities in their areas because of the small number of homes available.

The pricing of the care was a shock to some. They expressed genuine concern about the amount of money they would have to put aside or save in order to afford



David Gruber

these facilities.

Some retirees had purchased long-term-care insurance years ago when they were much younger and the insurance was much cheaper. They now see how wise they were.

However, some features of the policies may not be adequate for present circumstances. If you have a policy that has been in effect for some time, you should contact your agent for clarification.

But for some, there may not be an agent to service the policies any longer. For these, the proverbial 800 number looms as the sole

avenue of communication.

My visits with the chapters will continue.

Your chapter healthcare advocate or president can contact the Long-Term-Care Committee to set the scheduling of the visit in motion.

The visit should help all of the members learn about the facilities in the area, their costs, availability, and other amenities needed to properly care for loved ones.

Remember, long-term care is a local issue. Each area is unique in the size, price, and reputation of its care facilities. A neighboring area might be entirely different.

Plants and Seeds for Family Gardens



Above right, from left, TVA retirees Louise Smitherman, Richard Sheridan, Doris Lee, Deborah Norton, and Bill Bowen help package tomato and pepper plants for 550 low-income families in the Muscle Shoals area. In cooperation with Community Action, TVA retiree volunteers put in a total of 322 hours this year to prepare for the annual distribution of seeds, plants, and fertilizer. They did that by answering phone calls (that's retiree Tommie Plunk at the phone in the photo above left), helping to send letters, and then packaging the seeds and plants for individual families. This year's distribution was done April 20-21.

Chattanooga Retirees Lend a Helping Hand

By Rowena Belcher, Chattanooga TVARA Volunteer Coordinator

No, the photo at right has not captured a moment of Bruce Macphee's contemplating where life has gone since his retirement from TVA.

Instead, it reflects a moment of his experiencing one of life's great offerings: the opportunity to lend a helping hand to folks in need.

In retirement, many of us have taken the chance to perform many tasks for which payment comes in the form of handshakes and hugs, camaraderie with those working by our side, and a sentimentally satisfied feeling at day's end of time well spent.

The Chattanooga Chapter of TVARA is working through the local



Bruce Macphee

Widows' Harvest Ministries to aid widows in home-repair projects. These include everything from small jobs that can be completed in a few minutes to extensive roof repair.

In one of the most recent projects, as shown in the photo at right, Macphee and fellow retiree volunteer Tom Swanson installed a new bathroom floor and vanity, in addition to making plumbing repairs.

This project took more than a full day and resulted in a safer, fully functional bathroom for the appreciative widow.

There are many projects like

this in our communities, and many TVA retirees have the skills and time to lend a helping hand. Please take advantage of having the time and talent to share with others.



Bathroom during repairs



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NOW FOR THE TVA
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FRIDAY, SEPT. 8, 2006

AT CIVITAN PARK
IN GUNTERSVILLE, ALA.

• NEXT CHAPTER MEETINGS •

Chapter	Meeting Information
BROWNS FERRY	June 8, 6 p.m. Catfish Cabin II, Athens, Ala. Program to be announced.
CHATTANOOGA	June 13, 10:30 a.m. Annual picnic at Catoosa Civic Center, Ft. Oglethorpe, Ga.
CLEVELAND	June 9, 10 a.m. First Baptist Church, Cleveland, Tenn. Brenda Hughes, Bradley Initiative for Church & Community, will share how this organization has improved the quality of life in Cleveland.
FLORIDA	To be announced.
GALLATIN	June 8, 11 a.m. King Solomon Masonic Lodge, Gallatin, Tenn. Pot-luck lunch. A representative from the Farm Bureau will speak about long-term care.
HUNTSVILLE	June 9, 10 a.m. TVA offices at 108 Woodsen St., Huntsville, Ala. Discussion of the May 4 TVARA Board meeting.
JACKSON	June 14, 10 a.m. St. John Masonic Lodge, Jackson, Tenn. Program to be announced.
JOHNSONVILLE	June 8, 10:30 a.m. Country Western Steakhouse, Camden, Tenn. Donnie Wallace, Plant Manager of Johnsonville Fossil Plant, will speak on "What Is Changing in the Fossil Plants."
KINGSTON	June 26, 10:45 a.m. Kingston Community Center, Kingston, Tenn. Program to be announced.
KNOXVILLE	June 8, 10:30 a.m. O'Connor Senior Citizens Center, Knoxville. TVA staff will discuss renewable technologies.
MEMPHIS	June 20, 10 a.m. Allen Fossil Plant Assembly Room. Presentation by Louis Lee, Allen Plant Manager.
MISSISSIPPI	June 13, 10:30 a.m. Tupelo Customer Service Center, Tupelo, Miss. Program to be announced.
MUSCLE SHOALS	June 15, 10 a.m. Annual picnic at Northwest Shoals Community College Multipurpose Center, Tuscumbia, Ala.
NASHVILLE	June 14, 10 a.m. TVA's Nashville Transmission Operations & Maintenance Office, 1195 Antioch Pike. Program to be announced.
NORTHEAST ALABAMA	June 13, 10 a.m. Mud Creek Restaurant, Hollywood, Ala. Discussion about the May 4 TVARA Board of Directors meeting, as well as Medicare Part D and MEDCO drug services.
PADUCAH	June 20, 10 a.m. Paducah Executive Inn. Rene Turnbow, Regional Director for Live Well, will speak.
PARADISE	June 13, 10:30 a.m. Catfish Dock, Powderly, Ky. Review of May 4 TVARA Board of Directors meeting.
PICKWICK	June 20, 10 a.m. Pickwick Landing Hotel. Program to be announced.
UPPER EAST TENNESSEE	June 8, 11:30 a.m. Golden Corral Restaurant, W. Andrew Johnson Highway, Morristown, Tenn. Program to be announced.
WATTS BAR	June 12, 10:30 a.m. Red Barn Restaurant and Grill, Spring City, Tenn. TVA staff will discuss retiree health insurance.
WESTERN	June 21, 10:30 a.m. Paris Landing State Park. Program to be announced.

The TVA Retirees Association

c/o Bicentennial Volunteers Inc.
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TVA Retirees Newsletter

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Dues are \$10.00/year.

Send Dues To:

TVA Retirees Association
c/o Bicentennial Volunteers Inc.
400 W. Summit Hill Drive
Knoxville, TN 37902-1401

Information Sources:

Employee Service Center
1-888-275-8094

Medical & Drug Coverage
TVARA chapter contacts.

Retirement System

1-800-824-3870

Pension benefits, 401(k) accounts

Website: www.tva.gov/retireeportal

Congratulations!

John Bynon, Chairman of the TVARA Insurance Committee, has been honored by Knoxville Mayor Bill Haslam and the City Council.



John Bynon

Bynon received a special "certificate of appreciation" in April for his decades of service on behalf of the West Hills community and other Knoxville neighborhoods.

At the ceremony, Bynon was praised for having watch-dogged every new development and for chasing off strip malls, cell-phone towers, and gas stations from the boundaries of West Hills.

He also was credited with helping lead the way for countless other neighborhood associations and community leaders who were just getting started.

Having made his home in Birmingham for about a year, Bynon was surprised to learn of the special award while on a visit to Knoxville.

CLEM & SLIM © by Paul Millican

Welcome to
Prescription
Medicine
Management
101



If prescription A has 71 pills, prescription B has 37 pills, prescription C has only 19 pills, and the doctor told you to double up on prescription D that has 10 pills left in the bottle (knowing the U.S. Mail has two holidays this month), will you be allowed to order...



**See Page 14
for Information on
the Annual TVA
Retirees Picnic —**

**More Details
in the Next Issue**